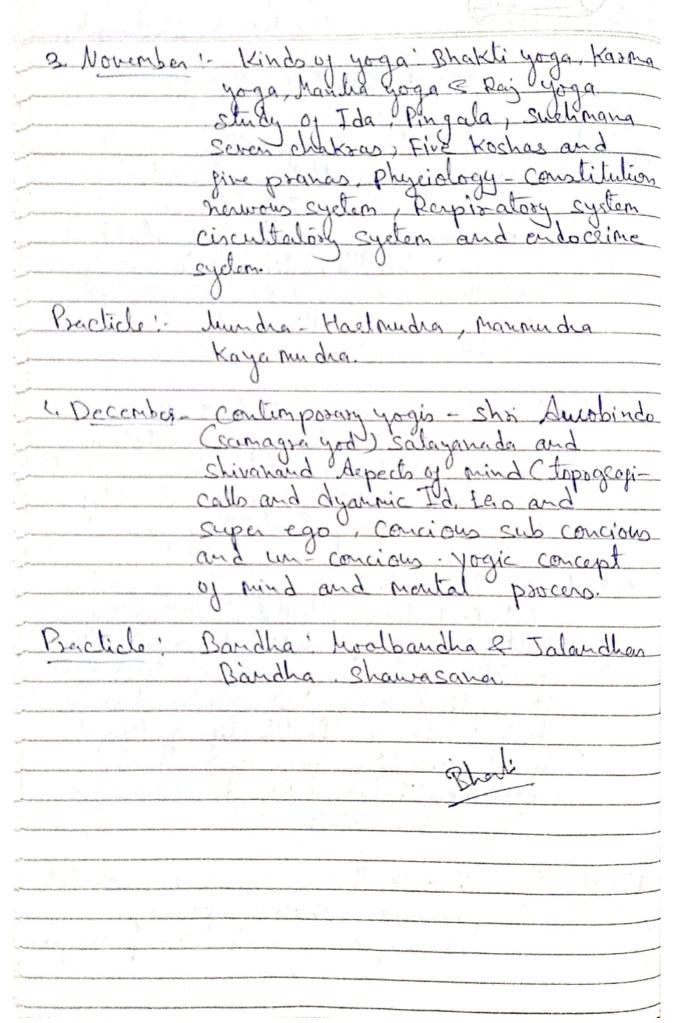


DEPARTMENT OF YOGA TEACHING PLAN GDCR 2023-24

P. G. Diploma in yoga education & Philosophy.
First semeder
September - Inhoduction of goga. The concept - meaning defination and hadilion of
meaning, defination and hadilion of
Cum- Shishya (Types + meaning)
healing (defination & Important of
yoga & health in lige. Theories of
Health, barious excesses benegits of - yoga alanon & their balus vis-a-vis
other system
psacticals'- Pawannuktarang Part I II III -
Agames Pelagration no had tati
backward & forward bending, Spinal - cond duristing & balancing. Dasan of Var Sasana Syrun & Standing.
- Cond duilling & balancing. Dasan of -
Vay Lacana Group & standing pace.
2 October !- Basic texts of yoga - yoga sutra -
2 October! - Bacic texto of yoga - yoga sutra - CIntroduction of citta , chitler veitligan - chitle bhuringa, parch Kalech, actary yog -
chitle bhuring a parch Kaloch astorn was -
prectice of yoga-preparation, food, I - Dress, time sequence, clintic changes - daily veates for health, life pattern & yoga Espech of yoga yoon bodily I faction tole of yoga yoon bodily - who modern living
Dress time sequence, dintic changes -
daily veates for health, life pattern &
yoga Eppels of yoga upon bodily -
gention tole of years agains -
in modern diring.
Prodicale 1- Madichadlar & Province of It.
Delanana Charle and Shortage
Psaclicals: - Nadishodhan & Banayana: sheitali - prahayana, sheitkari prahayana Ussai prahayana, Bhalmi prahayana



Second Semester

1. January - The Subject matter of goga philosphy Sankhya. Praksili, Pubuch and
Cas mology. Vedanta, Brahman soul and - maya, aherand samhila C Introduction -
Sinadhi) Shat Karama, Dhyan pranayana and -
Practicals: Paroannuklaran I, II, III Balancing arans, arana of higher— along
gloup
2. February - Dijfesent Syslem of philosophy - palich Mahavsata - Jainison - Pashlang mang - Buddhison - Charwar Darhan - Sukhwad -
psanayana - its meaning methods kinds - psecantion and benefits -
Psaclicab - Surga manaekar, Psanayana - Survab- hadi palancyana Bhaeteika paranayana - Kapal bhati psanayana and moncha- psanayana
3 Masch - Hathyog pradipika (Introduction)- planayang, Shatkaena, Nadanusandhan - Kinds of yoga Hathyoga, Kundalini - Tanan, Shuddhi Kriya, Shatkarana - its methode and litility. Bandha - and hudra, methods and benyils.

